

Friday



Partly Cloudy  
Lo: 46°F  
Hi: 65°F

Saturday



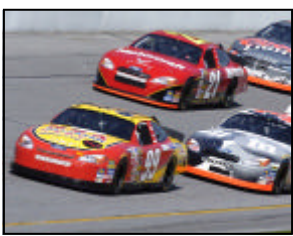
Partly Cloudy  
Lo: 33°F  
Hi: 55°F

Sunday



Partly Cloudy  
Lo: 33°F  
Hi: 53°F

982nd MXS  
printer produces  
3-D models  
  
See Page 5



Air Force ready  
for NASCAR  
season  
  
See Page 3B



# Sheppard Senator

## Combat Capability Starts Here



Vol. 57, No. 7      www.sheppardsenator.com      February 20, 2004

# 80th FTW honors Oklahoma airfield

By 1st Lt. Nathan Broshear  
*Base public communication*

Most people at Sheppard have never been to Frederick, Okla. Even fewer know the importance the small southern Oklahoma town's airfield has on international flying missions.

But for every student pilot at the 80th Flying Training Wing, the tiny airstrip in the small town located 60 miles northwest of the base is as familiar as their own office building and Sheppard's runway.

Members of the 80th FTW said thank you Wednesday to "Hacker," the nickname for the

Frederick airfield, by donating a new flag to officials at the airport.

"This town has had, and continues to have, a tremendous international impact on our operations in a subtle way," said Captain Agga Haren, a T-37 instructor pilot with the 89th Flying Training Squadron.

"As an outlying airfield, our students are able to practice 'touch-and-go' exercises thousands of times per year, while allowing our main airfield at Sheppard to operate at full capacity," Capt. Haren explained. "We couldn't have accomplished 47,000 landings last year without the amazing

support we get at Hacker."

When student pilots are first introduced to flying, they hone their skills in the Cessna T-37 Tweet. It's Sheppard's Tweets that spend almost every day flying over Frederick.

"It gets pretty loud when there are a lot of Sheppard aircraft flying over," said Donnie Coleman, the airport manager.

Mr. Coleman accepted the new flag from Col. H.D. Polumbo Jr., the commander of the 80th FTW.

"I'm excited to meet the commander and glad we can do our part for the country," Mr. Coleman said minutes before the presentation.

Colonel Polumbo told Mr. Coleman during the presentation of the flag that his airfield was important to the mission of the 80th FTW and the Euro-NATO Joint Jet Pilot Training program.

"I just wanted to stop by and say 'thank-you' for all your support," Colonel Polumbo said as he presented Mr. Coleman and officials from the city of Frederick with Old Glory. "We couldn't complete our mission without you."

After the presentation, Col. Polumbo and Lt. Col. Jeff Snell, commander of the 89th FTS, helped to post the colors outside, toured the facility and

checked in on a Sheppard firehouse located at the opposite end of the Frederick airfield.

"We don't own this field – it's only through the cooperation and teamwork we get from the city of Frederick that we're able to use it to train the best fighter pilots in the world," Col. Polumbo said.

The airfield at Frederick has a long history of contributing to the pilot training efforts of the U.S. Armed Forces. The airfield was built during World War II as a training base for multi-engine bombers and was originally named Frederick Army Air Field.

Over 7,000 pilots trained at

the airport between 1942 and 1945. Following the war, the Army returned the property to the city of Frederick to establish the Frederick Municipal Airport.

The original runway layout is still in use, however, only one building still remains from the original Army base.

Today, T-37 instructors from Sheppard control aircraft traffic during training operations from a small building located at one end of the runway. Each day, instructors fly to "Hacker" to man the small control tower.

From there, they route T-37's through their touch-and-go exercises.

## On the Inside

### Six Sigma improves process

Everything we do for a customer requires a process. Every process has errors that may be passed on to the customer, which then creates customer dissatisfaction and requires rework.

One Sheppard squadron has taken its process and looked at the end goal of customer satisfaction. In doing so, they cut out the unnecessary aspects of their process, lowering the number of errors and improving on the customer experience.

The 82nd Communications Squadron used a process improvement plan called Six Sigma to make what they do easier and create a better product for their customer.

**For full story, see page 2.**

### Court case tears down racial walls

The Sheppard African-American Heritage Committee is celebrating Black History Month by reflecting on the national impact of the U.S. Supreme Court's decision in Brown v. Board of Education.

In the 1950s, school segregation was widely accepted in the United States. In fact, most southern states required schools to be segregated.

**For full story, see page 4.**

### CSAF defines character

Our Air Force has a proud history of accomplishments that traces directly to the quality of people that make up the total Air Force team.

At every base, wing and deployed site our airmen rise to challenges every day demonstrating their loyalty and dedication. I am proud to be part of this prestigious team.

But, I am always dismayed when I learn of an airman who, as a result of a bad decision, faces disciplinary action. I wonder if there was a way to help this person, or if someone sitting down with this airman could have prevented this situation.

**For full story, see page 5**



### Winter wonderland

Above, Staff Sgt. Michael Woods, an aircraft armament instructor in the 363rd Training Squadron, pulls his kids, Kade, 3, and Grayce, 4, through the snow Saturday. Dayna, Sergeant Woods's wife, follows with 8-month-old Asher. Right, T-38 Talons sit on the flight line, barely visible with the thick blanket of snow on the canopies. According to the National Weather Service in Norman, Okla., Saturday's snowfall dumped about 5-and-a-half inches of snow across the Greater Wichita Falls area.



# Ladies and gentlemen, start diggin'

## Ground broke for new dorm

By John Ingle  
*Editor*

Another phase of Sheppard's transformation was set in motion Feb. 13 with the groundbreaking of a new 300-room student dormitory.

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, repeated a phrase that has been synonymous with Sheppard in recent years.

"It's not safe to stand in one place here at Sheppard," he said. "There's a lot going on."

The general was referring to several projects that are already underway, including a 300-room pipeline dorm and a new Health and Wellness Center, both nearing completion.

The new dorm will be built between buildings 526 and 726 off of Avenue G.

"You don't have to look at the sketch to see what it's going to look like. Just look across the street," General Rooney said pointing to a similar dorm between buildings 516 and 716.

The "T"-shaped dorm will cost about \$20.3 million. The scheduled completion date of the 162,061-square-foot structure is Oct. 28, 2005.

The dorm will house 600 students – two to a room – and offer a laundry facility, elevator, socializing space, closets and office space.

Benham Companies, Inc., out of Oklahoma City designed the structure. W.G. Yates and Sons from Philadelphia, Miss., has been contracted to build the dorm.

The U.S. Army Corps of



Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, breaks ground for a new 300-room student dorm. Also pictured, from left to right, Lindal Robertson of W.G. Yates and Sons, Christine Altendorf of the U.S. Army Corps of Engineers, and Brent Oden of Rep. Mac Thornberry's office.

Engineers from Tulsa, Okla., will supervise the construction.

General Rooney said he is pleased W.G. Yates and Sons are again partnered with Sheppard. The construction company is ahead of schedule on the HAWC and a new permanent party dorm near Wind Creek Golf Course.

# Web site makes PCSing easier

By Staff Sgt. Melanie Streeter  
*Air Force Print News*

WASHINGTON – Relocating an Air Force family can be challenging. To ease the strain, Air Force officials recently launched "AF Move," a Web site designed to put as much moving-related information as possible only a mouse-click away.

"This is an absolutely outstanding Web site," said Maj. Gen. Craig Rasmussen, Air Force director of logistics readiness. "It is the gold standard for our Air Force personnel to use before, during and after their personal property move has been completed."

While many units have local sites to help Air Force families in the moving process, this site aims to give people Air Force-level guidance.

"We want this site to become institutional, so that anyone in the Air Force, military or civilian, can go there to search out information," said Randy Teske, Air Force personal property and passenger policy traffic management specialist. "Let's face it, we only move now every three or four years, so we become out of touch because processes and entitlements change."

The site links users to everything from making permanent-change-of-station moving arrangements to tracking a personally owned vehicle shipment.

"You can go into the carrier industry and trace your shipments," said Jim McAllister, personal property and passenger policy division chief. "You can even go in and see local laws on certain items that may be restricted."

Other links connect Air Force families to the claims offices at either end of their move.

"Sometimes our members transfer to an area that's handled by another branch of military service," said Sharon Goodson, traffic management specialist. "This gives them not only the phone numbers, but keeps them in touch with Air Force policy, so if they have a question, they can go back to what the Air Force requirements are."

See WEB, Page 4



# Power of Six

## 82nd CS improves process through Six Sigma

*Editor's note: This is the first in a series of articles highlighting the use of Six Sigma by the 82nd Communications Squadron.*

**By 1st Lt. Laura Renner**

*Base public communication*

Everything we do is for a customer.

That customer may be our commander waiting for a project, a pilot waiting to fly the plane, the employees of a new building needing communication capabilities, a student waiting to learn their job, a military training leader waiting to inspect a dorm room or the American people waiting for a mission completed.

Everything we do for a customer requires a process. Every process has errors that may be passed on to the customer, which then creates customer dissatisfaction and requires rework.

One Sheppard squadron has taken its process and looked at the end goal of customer satisfaction. In doing so, they cut out the unnecessary aspects of their process, lowering the number of errors and improving on the customer experience.

The 82nd Communications Squadron used a process improvement plan called Six

Sigma to make what they do easier and create a better product for their customer.

"The Six Sigma differentiation in process improving is concentrating on the customer experience," said Lt. Col. Doug Halsell, 82nd CS commander.

The 82nd CS focused on the end result: the customer experience. Personnel in CS looked for ways to improve the processes they go through to ultimately improve the customer experience.

For example, an office needing a new LAN line added had to wait up to 30 days in the past. After reviewing their process and finding ways to improve it, CS now completes those requests in as few as 10 days. In 10 days, the customer can start excelling at his or her job, which in turn may bring back rewards to CS.

Jack Welch, the former CEO of General Electric, said making a customer more competitive and more successful inevitably results in more success for the provider.

That includes cutting out the "fluff" steps in a process.

1st Lt. Xavier Bruce, the implementation leader of Six Sigma in the squadron, said personnel first looked at ways to learn their specific processes.

They had to reduce all the non value-adding aspects, he said. Otherwise they'd only optimize waste.

Once they leaned a process, the team then used Six Sigma's five-step process to help look for ways to improve what they had.

A formula called "DMAIC" was used: Define, Measure, Analyze, Improve and Control.

Colonel Halsell said using this improvement process eliminated shooting from the hip and managing by gut rather than fact.

Finally, improvement teams looked at ways to use technology to help their newly improved processes. They learned inserting technology first doesn't necessarily improve the process.

"If you have a process that doesn't really flow smoothly and then throw technology at it, you haven't really solved the problem. You've only automated a flawed process," Lieutenant Bruce said.

While Six Sigma does not do the work alone, it helps in many ways.

Colonel Halsell gave his troops three different focus areas for 2004: projects, the operational readiness inspection and improvement of the customer experience - Six Sigma.

Improving the customer experience leads to best practices in the ORI, while conducting self-inspections in preparation for the ORI leads to a better knowledge of the projects, which in turn leads to an improved customer experience, the colonel said.

"Each focus area is distinct yet dependent on the others for success," Colonel Halsell said. "Six Sigma is not all-encompassing, we're using a variety of means to accomplish what we're doing here."

A difficulty with implementing process improvements like Six Sigma is changing the mindset of the troops. Colonel Halsell said he combats that by educating his troops on Six Sigma, its benefits and its inner workings. It also gives his troops focus and shows results.

"Our processes will be easier and quicker after we apply Six Sigma," Lieutenant Bruce said. "Once our troops see the results, I think they'll start practicing Six Sigma naturally."

For more information on use of Six Sigma in the information technology corridor, contact the 82nd Communications Squadron. For general information on Six Sigma, contact the 82nd Training Wing manpower office.



Photo by Lynn Bullard

### Praying man

Retired Brig. Gen. Richard Abel speaks to attendees at the National Prayer Breakfast held Feb. 12 in the officers club. General Abel is the director of the military division of Campus Crusade for Christ.

## Briefly Speaking

### Service scheduled for Sheppard member

A memorial service will be held today for a Sheppard member.

Staff Sgt. Edmund Daniel Ehling of the 365th Training Squadron will be remembered during a service at the North Chapel at 3 p.m.

All Team Sheppard members are invited to attend the memorial service to honor Sergeant Ehling.

### Summary courts officer appointed

It is with deep regret that we announce the untimely death of Staff Sgt. Edmund D. Ehling of the 365th Training Squadron.

1st Lt. John G. Kochanski, 365th TRS/TTF has been appointed Summary Courts Officer. He can be reached at (940) 676-7476 or DSN 736-7476.

All claims for or against the deceased's estate must be submitted to the Summary Courts Officer.

### Chapel to canvas base housing

Members of the 82nd Training Wing Chaplain Division will be out in base housing Saturday providing information to residents.

Information will be provided on updated versions of chapel programs and opportunities for spiritual readiness.

### Office closings

The hospital dining facility will be closed Feb. 20 at 8

a.m. for an function.

The facility will re-open Feb. 23 at 6:30 a.m.

The finance office will be closed Feb. 27 at 3 p.m. for an office function.

The traffic management offices in building 402, student TMO in Bldg. 551, cargo movement in Bldg. 2113 (north end) and N & N Travel in Bldg. 402 will be closed on Feb. 26 from 9:45 to 11 a.m. for an official function.

For an emergency, please call 781-1669.

### 80th to help present history of flight

The Museum of North Texas History and the 80th Flying Training Wing will present a special on area aviation Feb. 29.

Col. H.D. Polumbo Jr., 80th FTW commander, and Bill English, a World War II P-51 pilot and military history, will present "Wichita Falls in the Century of Flight" at the museum at 2 p.m.

The museum is located at 720 Indiana. Call 6-7249 for more information.

### AFA meeting coming

The Gen. Charles L. Donnelly Jr. Chapter of the Air Force Association will hold a meeting Thursday in the officers club.

The meeting will begin with a social at 5:45 p.m. and a buffet dinner will begin at 6:30. Cost for the event is \$15.

To RSVP, call Lt. Col. Monty Diehl at 6-2414, Maj. Cliff Altizer at 6-3490 or Capt. Rene Alaniz at 6-2845.

# AFAF campaign starts Monday

**By Lt Col Richard Schwing**

*AFAF Installation Project Officer*

Team Sheppard is excited to support the 31st Annual Air Force Assistance Fund Campaign, which begins Monday and runs through April 2.

The campaign's official theme is "Commitment to Caring." The goal for the 2004 AFAF Campaign is \$5.2 million, an 8 percent increase from last year.

Team Sheppard will host an AFAF kick-off breakfast Monday at 7:30 a.m. at the officers club. We will view this year's AFAF video, hosted by Regis Philbin, and hear stories of how AFAF has made an impact on the lives of fellow airmen and their families. Please come out and join us at this event.

AFAF was established to provide for an annual effort to raise funds for the charitable affiliates that provide support to Air Force families in need. These organizations are the Air Force Village Foundation, Inc., the Air Force Aid Society, the General and Mrs. Curtis E. LeMay Foundation and the Air Force Enlisted Village.

These organizations help Air Force people with aid in an emergency, with educational needs or to have a secure retirement home for widows or widowers of Air Force members in need of financial assistance.

The AFAF umbrella covers four charitable organizations that support the total Air Force community worldwide. These organizations are:

**The Air Force Aid Society.** AFAS is the official charity of the Air Force. Its charter is to assist in relieving financial emergen-

cies faced by active duty members and their families. It also assists Reserve and Guard personnel who are on extended active duty or face unique emergencies. For more information,

visit their website at [www.afenlistedwidows.org](http://www.afenlistedwidows.org).

**The Air Force Village Foundation.** The Air Force Village Foundation provides financial assistance to widows and widowers of Air Force Officers. For more information, visit their website at [www.airforcevillages.com](http://www.airforcevillages.com).

**The General and Mrs. Curtis E. LeMay Foundation.** The LeMay Foundation has cared for widows of Air Force Officers since 1987. In 1998 their charter was expanded to include care for spouses of retired Air Force personnel of all ranks, left to survive with little or no financial resources. For more information, please visit their website at [www.afvw.com/lemay.html](http://www.afvw.com/lemay.html)

Team Sheppard AFAF points of contact are Lt. Col. Richard P. Schwing, Installation Project Officer, at 6-2748 and Maj. John W. Powers III, assistant project officer, at 6-1197.

Unit project officers and their phone numbers are:

80th Flying Training Wing: Capt. Brian Hazel, 6-2096

82nd Training Group: Capt. Steven Green, 6-4775.

782nd TRG: Master Sgt. Gary Royster, Jr., 6-7114.

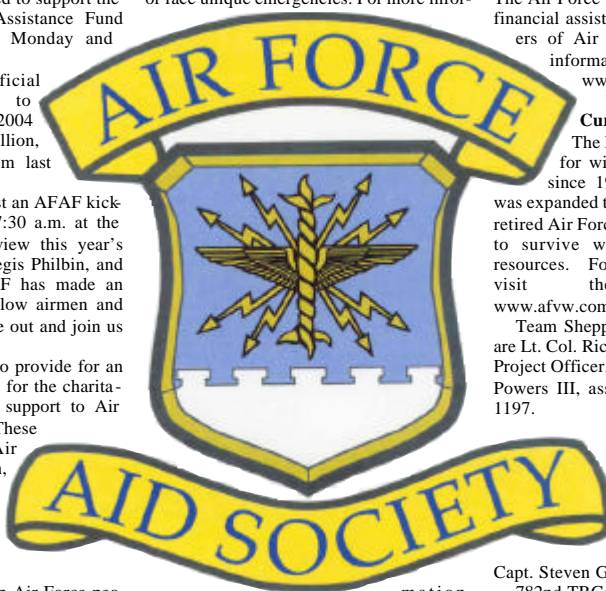
882nd TRG: Maj. Francis Desjardins, 6-6905.

982nd TRG: 2nd Lt. Aaron Madolora, 6-2667.

82nd Mission Support Group: 1st Lt. Paul Chabada, 6-2735.

82nd Medical Group: Senior Master Sgt. Tracy Wilhelm, 6-6045.

82nd Training Wing Staff Agencies: 1st Lt. Laura Renner, 6-7361.



visit their website at [www.afas.org](http://www.afas.org).

**The Air Force Enlisted Village.** (Formerly the Air Force Enlisted Widows Home). The AFEV has provided more than 37 years of continuous, dedicated service to widows, surviving spouses and dependents of retired enlisted Air Force, Guard, and Reserve military members. The Air Force is the only service that supports retirement communities exclusively for the widows of career enlisted members. For more information,



ENJJPT Class 04-03 graduates 23

Twenty-three pilots will graduate from the 80th Flying Training Wing's Euro-NATO Joint Jet Pilot Training program during ceremonies tonight at 6 p.m. at the community center.

ENJJPT trains undergraduate pilots for nine NATO countries, including Belgium, Denmark, Germany, Italy, the Netherlands, Norway, Spain, Turkey and the

United States. In addition to these countries, Canada, Greece, Portugal and the United Kingdom provide flight instructors for the program. As many as 250 pilots complete the 55-week program each year.

Today's graduation of ENJJPT Class 04-03 includes 12 pilots from the United States, four from Germany and the Netherlands, two

from Turkey and one from Belgium.

The guest speaker for tonight's graduation is Brig. Gen. Dany Van de Ven, the Belgium defense-military naval and air attache. General Van de Ven completed pilot training at Edwards and Hill Air Force bases in 1980. He flew the F-104G and the F-16. He has held various positions in the Belgium air force.



 2ND LT. MICHAEL ALFARO UNITED STATES F-15E	 2ND LT. RALF BLOHMANN GERMANY TORNADO	 1ST LT. THIJS CHRISTIAENS BELGIUM F-16	 2ND LT. STEVEN ESSER GERMANY TORNADO	 2ND LT. SHAUN GERMAIN UNITED STATES F-16	 2ND LT. JEREMY HEDGES UNITED STATES T-37	 2ND LT. JASON HELMICK UNITED STATES B-1	 2ND LT. ORHAN ISIK TURKEY F-16
 2ND LT. ANTHONY LAU UNITED STATES F-16	 CADET FRANK MATSER THE NETHERLANDS F-16	 1ST LT. SEWARD MATWICK UNITED STATES F-16	 2ND LT. ANDREW MCDOWELL UNITED STATES B-1	 2ND LT. RICK MITCHELL UNITED STATES A-10	 2ND LT. JEFFREY NIJENHUIS THE NETHERLANDS F-16	 2ND LT. ERIC NORDGREN UNITED STATES F-16	 2ND LT. DUSTIN RIPLEY UNITED STATES F-15C
 2ND LT. MICHAEL ROCHE UNITED STATES A-10	 CADET NIELS SCHOLTZE THE NETHERLANDS F-16	 2ND LT. MICHAEL SELTZER UNITED STATES F-16	 2ND LT. FATIH MEHMET TUM TURKEY F-16	 2ND LT. MATTHEW VEENEMA, THE NETHERLANDS F-16	 2ND LT. SHARID VON DER AHE GERMANY TORNADO	 2ND LT. CHRISTIAN WUENSCH GERMANY TORNADO	

For Air Force news, go to [www.af.mil](http://www.af.mil). For more Air Education and Training Command news, visit [www.aetc.af.mil/pa](http://www.aetc.af.mil/pa).



## Wings reward members with annual awards

The 82nd Training Wing and 80th Flying Training Wing recently recognized the top airmen in different categories during their annual awards.

The following are the winners in the 82nd TRW followed by their group or wing and the award category:

**Junior enlisted airman of the year:** Airman 1st Class Rosario Aguirre, 82nd Mission Support Group.

**Non-commissioned officer of the year:** Tech. Sgt. Christopher Hurst, 82nd MSG.

**Senior NCO of the year:** Senior Master Sgt. Juan Gonzalez, 882nd Training Group.

**Company grade officer of the**

**year:** Capt. Phillip Johnson, 82nd Training Group.

**First sergeant of the year:** Master Sgt. Mark Royal, 82nd TRG.

**Entry level civilian of the year:** Gloria Perez, 82nd Medical Group.

**Senior level civilian of the year:** James Sorensen Jr., 782nd TRG.

**Junior honor guardsman of the year:** Airman Aguirre.

**Senior honor guardsman of the year:** Staff Sgt. Lusell Pia.

The following are the winners of the 80th FTW annual awards:

**Top operations squadrons:** 90th Flying Training Squadron and 80th

Operations Support Squadron.

**Aviation resource management awards:** Senior Airman Dorian Kilpatrick and Tech. Sgt. Charles Ingram.

**Weather:** Capt. Christopher Lovett, Staff Sgt. Ryan Glidden and Senior Airman Linton Hampton.

**Communications and Information:** Tech. Sgt. Warren Aliff, information NCO of the year; Airman 1st Class Amy Pearson, information airman of the year; and Senior Airman Jeremy Putnam, communication airman of the year.

**Life support awards:** Senior Airman Christopher Smith and

Michael Rolens.

**Airfield operations:** Capt. David Woodley, Col. Derrel L. Dempsey Officer of the Year; Senior Airman Eric Flores, air traffic controller of the year; Staff Sgt. Walter Pagoaga, air traffic control watch supervisor of the year;

Senior Master Sgt. Thomas Vallely, air traffic control enlisted manager of the year; Master Sgt. David Bowles, air traffic control training achievement award; Tech. Sgt. Norman Dunsen, terminal instrument procedure specialist of the year.

**Pilot awards:** Capt. John Basel III, trainer instructor of the year; Capt.

Paul Heitmeyer Jr., fighter instructor of the year; and Capt. Uwe Zeizinger, flight commander of the year.

**Airman of the year:** Senior Airman Shawn Kozica.

**NCO of the year:** Tech. Sgt. Tina Hunt.

**Senior NCO of the year:** Master Sgt. Michael Klintworth.

**CGO of the year:** Capt. David Woodley.

**Civilian of the year, GS-9 and above:** Walter Griffith Jr.

**Civilian of the year, GS-8 and below:** Patricia Cunningham.

**Wage grade employee of the year:** Michael Rolens.

## Historic court case tore down racial walls

Courtesy of the African-American Heritage Committee

This year marks the 50th anniversary of Brown vs. Board of Education.

The Sheppard African-American Heritage Committee is celebrating Black History Month by reflecting on the national impact of the U.S. Supreme Court's decision.

In the 1950s, school segregation was widely accepted in the

United States. In fact, most southern states required schools to be segregated.

In 1896, a court ruling in the case of Plessy vs. Ferguson set the "separate but equal" precedent. This law encompassed everything from passenger cars on a train to the public school system.

People who objected to the "separate but equal" law believed there was no way that segregated schools would be treated equally. They held the

premise that quality and quantity of school supplies and building facilities would be inadequate.

Because of vast discrepancies between segregated schools, people began to look to help Negroes obtain admission to traditionally "whites only" schools.

In 1954, Thurgood Marshall represented Oliver Brown in Brown vs. The Board of Education of Topeka, Kan. The U.S. Supreme Court unanimously declared that separate educational facilities were inherently unequal and violated the 14th Amendment, which guarantees all citizens equal protection of the law.

Fifty years after this landmark decision, education is the key to the future of all Americans. Education helps eliminate stereotypes and serves as a means for all Americans to share cultural and ethical values, thereby fostering an American culture, which embraces everyone.

The culminating event for this month's celebration and recognition of that monumental court case will be Feb. 27 at 6 p.m. at the officers club.

Col. Darrell Sims, 82nd Training Wing vice commander, will be the guest speaker. Please RSVP by Monday to Master Sgt. Bionca Dean at 6-4092.

### SAFB African American Heritage Committee Black History Month Celebration Theme: 50th Anniversary Brown vs. Board of Education



#### February 2004 Events

Saturday: Gospel Story, 6 p.m., community center

Tuesday: Story Time, 10:30 a.m., base library

Feb. 27: Annual Banquet, 6 p.m., officers club

Speaker: Col. Darrell L. Sims

March 6: College Fair at Hirschi High School, 9 a.m. to 1 p.m.

Career Talks (TBD) Zundy and Kirby Junior High Schools

## WEB

Continued from Page 1 and get back on track."

The site's usefulness does not end there. When people use it early in the PCS process, they can plan the move intelligently, Mr. McAllister said.

"We've tried to make it one-stop shopping, the best we can," he said. "It helps you ask the right questions. It may even satisfy all your questions, even before you go in and get personal counseling."

It also serves as a great tool for remembering what items were briefed during that counseling, Mr. McAllister said.

"You might say to yourself, 'What was that they were telling me?' And then you can go to the site and there it is," Mr. McAllister said.

The site also contains links to a toolbox full of technical information that Air Force personal property specialists can refer-

ence. This allows officials to quickly disseminate information to offices in the field and serves as an invaluable resource, Mr. McAllister said.

The next time PCS orders drive Air Force members to pack up personal property and head for a new base, <http://afmove.hq.af.mil> can help keep the headaches and hassles to a minimum.



Photo by Airman 1st Class Jacque Lickteig

### Browsing around

Diane Hughes, 82nd Training Wing Equal Employment Opportunity office, browses through some items at the Thrift Store Wednesday. The store held its grand re-opening following a month of renovations, including a clean-up project, repainting and re-organization of products. Feb. 3 was officially the first day the Thrift Store was open for business.

## 16 senior airmen graduate from ALS



Wester



Jordan



Kozica



Wipf

Sixteen Team Sheppard airmen recently graduated from Airman Leadership School.

Class 04-C graduated Feb. 6 during a ceremony at the school. Thirteen squadrons were represented at the school.

Staff Sgt. Christi Wester, 82nd Aeromedical Squadron, was named the John L. Levitow Award winner. Senior Airman John Jordan of the 362nd Training Squadron was the distinguished graduate.

The Leadership Award went to Senior Airman Shawn Kozica of the 80th Operation Support Squadron and Staff Sgt. Jamie Wipf received the Academic Achievement Award.

Others attending the class included:

Senior Airman Amy Cadavero, 381st TRS; Senior Airman Michael Brangham, 365th TRS; Senior Airman Kenny Gomez, 82nd Medical Operations Squadron; Senior Airman Chantel Smith, 82nd Contracting Squadron.

Senior Airman Roilana Stewart, 381st TRS; Senior Airman Zane Hughes, 366th TRS; Senior Airman Jason Smallwood, 365th TRS; Senior Airman Cody Eldridge, 361st TRS.

Senior Airman Shakhn Styles, 82nd Civil Engineer Squadron; Senior Airman Dorian Kilpatrick, 80th Operation Support Squadron; Senior Airman Ricky Smith, 82nd Communication Squadron; and Autumn Bonney, 363rd TRS.

## The future is now

### 982nd MXS brings in new technology

By Airman 1st Class Jacque Lickteig

Base public communication

Technology keeps improving at Sheppard, and printing has taken on a new definition at the 982nd Maintenance Squadron because of it.

With their new Fused Deposition Modeler 3D printer, the 982nd MXS can "print" a fully functional plastic prototype of any object imaginable with about .0015 inch accuracy.

"This machine is rapid prototyping at its best," Mitch Weatherly, trainer development flight chief, said.

To create a prototype using the FDM, designers create it on the computer. Then, they send the file to the machine.

The machine heats the model material, which is ABS polycarbonate plastic, and the support material, which is a water soluble, biodegradable plastic, he said.

Extrusion tips that can move horizontally and vertically deposits the heated material layer by layer to create the desired shape.

When the machine finishes the prototype, the designers dissolve the support material from the prototype, leaving the finished project.

To acquire the \$250,000 machine, the 982nd MXS used the Productivity Enhancement Capital Investment program, in which Air Staff Plans and Programs funds a purchase if there will be a return on investment in less than four years, Capt. Marc Gonzalez, FDM acquisition project officer, said.

"The potential savings with this machine are astronomical," he said.

Now, the 982nd MXS can produce training models for a fraction of the cost of buying manufactured parts.

They can produce prototypes of an inert hellfire missile, with or without a cutaway,

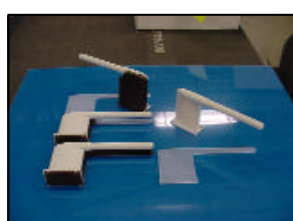
### Savings possibilities with FDM



**Model-sized T-37 Aircraft**

Contractor - \$13

FDM - \$7.61



**Predator Aircraft Pitot Tubes**

Manufacturer - \$450

FDM - \$14.89

### Inert Hellfire Missile

Manufacturer - \$35,000

Current practices and

FDM - \$1,600

model teeth, an eyeball, a F-16 engine, a tricycle or a T-37. The possibilities are endless, Mr. Weatherly said.

"If we can draw it in the computer program, we can produce it with the FDM printer," Captain Gonzalez said.

Now, instructors can give each student an FDM model to sit on top of their desks instead of training 20 students on one manufactured model, and it would still save money, Mr. Weatherly said.

"This can revolutionize training as we see it," he said.

With this machine, the 982nd MXS can fulfill any Sheppard instructor's request for any prototype within six months.

"If you can imagine it, we can create it. We take your ideas from conception to reality," Mr. Weatherly said.

Those who are interested in taking advantage of the FDM model printer should fill out an AETC Form 375 or call 6-6609.

## Combat dentists keep troops' teeth healthy

By Capt. Mo Schumann

407th Air Expeditionary Group  
Public Affairs

TALLIL AIR BASE, Iraq (AFPN) -- The familiar high-pitch sound of a drill floats out from behind the curtain. Bits and pieces of decayed tooth are chipped away as the drill bores deeper and deeper.

A cavity or other tooth emergency is never fun, but for soldiers and airmen in Iraq, help is just a dental visit away.

The staff at the 407th Expeditionary Medical Dental Operations Squadron is committed to putting smiles back on faces.

"We're the most feared people in Iraq," jokes Capt. Marc Workman, deployed here from Shaw Air Force Base, S.C.

As the senior Air Force dentist in the clinic, he and a team of two Army dentists and two dental technicians run the busiest clinic in the entire med-

ical group, treating Army, Air Force, coalition partners and foreign workers.

Since the beginning of the current rotation, the team has completed more than 680 procedures on 595 patients. Some of the procedures are routine dentistry like fillings and root canals, but the team has also worked on some severe facial trauma cases.

"We've treated people who were in some pretty bad car accidents where they've had lips splayed open and broken teeth and big lacerations to the face," said Captain Workman.

Just about the only service that the clinic does not offer is routine cleaning.

"Unfortunately, we're just not staffed to handle that now," said the captain.

In a small curtained-off area at the front of the tent, several soldiers wait patiently.

"We had no idea exactly how much dental we'd be doing,"

said Staff Sgt. Rafael Pena, non-commissioned officer in charge of the dental clinic deployed here from Lackland AFB, Texas. "We had heard stories from other people deployed that the pace was sometime so slow that they would do cleanings on people and each other, but we got here and I was overwhelmed."

The pace has slowed some, according to Army Lt. Col. James Wood, officer in charge of the dental clinic.

He was working in Balad Air Base, Iraq, in September when he got the call to come here.

"I had no idea that they were seeing so many patients, at least 20 or more a day," said the colonel. And, since 80 percent of the patients are Army, it made sense to work as a joint team.

"This is the first joint Army Air Force clinic in Iraq," said the colonel. "We work very well together."

The captain agrees.

"We don't have a front desk

person, we don't have sterilization people, so we all kind of chip in and do a little of everything to support the mission."

Dentistry in a combat environment can create a few challenges, such as keeping the equipment working and improvising with the supplies on hand if ordered stock does not arrive in time.

But, with some soldiers traveling several hours to see them, the team makes sure the work gets done.

"It's neat for us to see the people coming in with their weapons and know that these are the people who are actually out there guarding us," said Sergeant Pena. "For us it's a feeling of satisfaction knowing that these people are out here for a year, and we're the only means of any dental clinic they have, so we try to get them better or at least get them through until their deployment is up."

## Office ensures safety

By Carolyn Knothe

Base public communication

Most people think "inspections" when they hear the safety office mentioned.

But the safety office here at Sheppard does much more: they're not here just to find things wrong in an office or shop, but to educate and promote safety in all aspects of a Team Sheppard member's life.

"We're a service organization," said James Zillweger, the 82nd Training Wing safety and occupational health manager. "We're here to assist units in administering their safety programs, not just to monitor their compliance with safety standards."

The safety office has had a history of being considered a "black hatter" on most installations, but nothing could be further from the truth, Mr. Zillweger said.

"Our goal is to ensure that people have the safest working environment possible," he said.

It's not an easy job, by any means. According to Mr. Zillweger, it involves a lot of homework.

Before going into any organization, his safety staff must research specific safety standards and regulations affecting a particular shop or office. In addition to the Air Force Occupational Safety and Health Standards, they must be knowledgeable of National Fire Protection Association Manuals, Environmental and Occupational Health Standards and OSHA Regulations.

"Our standards are even more stringent than OSHA because the Air Force has unique situations not found in the civilian world," Mr. Zillweger said.

After doing their research, the safety inspectors conduct a program management assessment ensuring the unit is administering all applicable safety programs. Next, they conduct a facilities inspection to identify and eliminate physical discrepancies or hazards in the workplace.

Members of the office work closely with unit safety repre-

sentatives to ensure squadron personnel are adequately trained on safety policies and procedures.

But the safety office's main goal is to make things better overall for squadrons at Sheppard. They are always available for consultation and offer a variety of services.

They've developed a website accessible from the Sheppard homepage that offers safety briefs and presentations for commanders, as well as "safety checklists" on a variety of topics. Powerpoint presentations on subjects ranging from camping to water skiing are included.

Other links are available on the Web site.

The efforts of the office have recently paid off with three Air Education and Training Command awards for 2003. The entire office won the AETC Ground Safety Excellence Award, Mr. Zillweger won the Ground Safety Manager of the Year Award, and Master Sgt. Stephen Sinatra, safety superintendent, won the Safety Career Professional of the Year award.

"We've got a lot of experience in this office, which helped us win the office award," Sergeant Sinatra said. "We're always looking for ways to improve, and press on like we have been doing."

Sergeant Sinatra has done his part in serving Team Sheppard members. After AETC mandated a motorcycle riders mentoring program, the safety superintendent created the "Sheppard Rider's Association," which pairs more experienced riders with less experienced ones, ultimately creating a better riding experience while minimizing mishaps.

"Motorcycle riders have a bond," Sergeant Sinatra said, "Whether it's tangible or not."

He also wrote, produced and directed the "True Wingman" video, emphasizing the need of young students at Sheppard to watch out for each other. After seeing the video, AETC mandated that it be shown to all AETC personnel.

**Want to quit smoking?  
Contact the health and  
wellness center at  
6-4292 about their  
smoking cessation classes.**





Photo by John Ingle

A couple of Sheppard students build a snowman at the mini mall Saturday.



Photo by John Ingle

Sheppard students walk the unusually snow-covered sidewalks here Saturday. According to the National Weather Service in Norman, Okla., Sheppard got 5 1/2 inches of snow.



Photo by John Ingle

A student at the 363rd Training Squadron launches a snowball across the yard in front of the dormitory at another student during a snowball fight.



Photo by Austin Brown

A snow family chills out by Falcon Boulevard in Capehart Housing. Some Sheppard members spent the day building snowmen, sledding and having snowball fights.



Sheppard Senator

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander

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Commander's Corner



Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, presents a Commander's Excellence Coin to Elby Threadgill during the thrift store grand re-opening. Mrs. Threadgill worked at the thrift store for 37 years.

Look up!

There's a lot to notice at Sheppard, Texoma, America

By Brig. Gen. Arthur J. Rooney Jr.  
82nd Training Wing commander

The other day I observed an Airman walking with his head looking down at the ground.

He didn't see me approaching which resulted in a short lesson on customs and courtesies.

This was an honest mistake, but I couldn't help but think of all the reasons we have to hold our head high; not to mention he would have seen me.

About the only reason to walk with your head down is if you're looking for pennies on the ground.

I'm convinced when you walk with your head up you're more likely to strike gold!

And this year, Sheppard airmen have struck gold again and again. We have excelled in promotions, individual and unit awards, CFC contributions, club membership and community involvement.

And yet, our #1 mission of training combat-ready airmen continues to be the Air Force benchmark.

Every airman needs to understand the many bless-

ings that the military life provides.

The world is a much safer place to live in and there are more free people in the world today than ever before. Our country has brought hope and the ability to dream to those that have never enjoyed such freedoms.

We've brought light to the darkest shadows of our world and the American people appreciate our service.

Our Air Force is as strong as ever — ensuring we rule air and space.

New aircraft are being deployed, new technologies are coming on line and transformation can be found throughout our service.

Our economy is strong. Jobs are being created at a rapid pace, new efficiencies are increasing productivity and stocks are moving up. If you aren't investing through the Thrift Savings Program, you're liable to miss out on the amazing growth our nation continues to produce in personal wealth.

Here at Sheppard, we enjoy being part of a great community of patriots who daily show their support of our personnel. Letters of

appreciation arrive daily thanking Team Sheppard for their contributions to the community.

Our honor guard is busy showing support and respect for our veterans and our Special Activity Teams are spreading our positive image throughout Texoma.

Everywhere you look, we're growing. A new student dormitory, BX food court, gym and golf clubhouse are just a few of the new additions.

Our student pilots will shortly have new simulators and facilities, the base hospital has added a 24-hour Acute Care Clinic, and renovations to our library will soon be completed.

Look up...the view is changing everyday!

If you liked 2003, then you're going to love 2004!

As we look ahead to the coming year, we should always hold our heads up high.

Next time you're walking around Sheppard, look up!

We have much to be thankful for, and many accomplishments to be proud of...the future of Sheppard, our Air Force and our nation is bright.

Character

The courage to do the right thing

By Gen. John Jumper  
Chief of Staff of the Air Force

Our Air Force has a proud history of accomplishments that traces directly to the quality of people that make up the total Air Force team.

At every base, wing and deployed site our airmen rise to challenges every day demonstrating their loyalty and dedication. I am proud to be part of this prestigious team.

But, I am always dismayed when I learn of an airman who, as a result of a bad decision, faces disciplinary action. I wonder if there was a way to help this person, or if someone sitting down with this airman could have prevented this situation.

Because of this, I feel it is essential to reinforce the full meaning of our concepts of character and the standards our core values provide us.

Character comprises the emotional, intellectual, and moral qualities that distinguish one group from another — and the judgment to discern them. Our core values and the unique demands of military service undergird our Air Force character.

These values — Integrity First, Service Before Self, and Excellence in All We Do — endure as the fundamental standards of behavior of our Air Force team. But, character can be an elusive concept not readily apparent, as it encompasses so many qualities.

The true foundation of character is not merely knowing the right thing to do, but also having a firm conviction and the courage to act upon such knowledge. This conviction requires solid moral fiber and ethical strength to do what is right even if no one is there to witness your actions.

Our actions over time define our character, just as our character delineates our lasting reputation. When we make the wrong choices, both our character and our reputation are damaged.

Character can rapidly deteriorate when we fail to hold others and ourselves to the high standards

our Air Force profession demands. The responsibility of enforcing core values does not fall solely to senior leaders and commanders.

Every airman must embrace and reflect these values, both on and off-duty. We must reflect these fundamental values in our daily conduct and help develop those attitudes in others.

If you see a fellow worker or friend cut corners and don't say anything, you are condoning what they are doing. Failing to correct or report instances where the rules are broken, selectively enforcing rules, or turning a blind-eye to marginal behavior or performance can perpetuate negative attitudes that can infect organizations.

"Our core values and the unique demands of military service undergird our Air Force character." - Gen. John Jumper, Chief of Staff of the Air Force



We are all responsible for each other and it is essential that we all share a collective sense of mission, values, and culture. If we don't, we become part of the problem, and jeopardize the mission and the lives of our men and women.

Every member of the Air Force must embrace our core values as the guiding light that drives what we do. I challenge each of you to apply this philosophy in your service to the Air Force and this great nation.

Building character is a lifelong journey — remember, it is not just knowing the right thing to do; it is having the courage to do it. We have a responsibility to ourselves, the Air Force and our nation to maintain a team of unquestionable character.

Be a Swimmer in the "River of Life"

By CMSgt (Ret) John M. Strizich  
355th Supply Squadron  
superintendent

A few years ago, I sat down with my 8-year-old daughter (now 14 going on 22) and had one of those "Father-Daughter talks."

I told her about how I look at life as a river, ever changing with twists and turns, rapids and falls; still water around the bends. Sometimes we are moving through life as if we were shooting the rapids through the Grand Canyon, while at other times, things are calm and we have time to reflect on ourselves.

In this River of Life, I have found four types of people: swimmers, dog paddlers, floaters and pond scum.

Like salmon returning to spawn, swimmers are those folks that swim against the current. They are the 20 percent of the people doing 80 percent of the work.

Swimmers work overtime without complaint because they have pride in their work. Swimmers refuse to accept mediocrity and strive to do their best. They need very little supervision. Swimmers exemplify the Air Force Core Values: integrity, service before self and excellence in all we do. They are our future leaders.

The dog paddlers are swimming just hard enough to stay in one place; they don't move upstream or downstream, they stay in one spot. Some dog paddlers are prior swimmers who have temporarily slowed down to catch their wind and rest before burning out.

Others are those that have become discouraged by a system that fails to recognize their efforts. Dog paddlers don't compromise their values and still contribute a fair amount to the organization.

Some folks ride the River of Life on their backs. These are the floaters.

They contribute just enough to get by and collect a paycheck. These "9 to 5ers" can frequently be heard saying "I work to live, I don't live to work" or "It all pays the same" or "The work will be here tomorrow."

Last but not least, there is the pond scum.

Anonymity is their stock and trade. The last thing they want is to be noticed.

Pond scum is the decay of an organization, consuming our oxygen and sapping organizational effectiveness while the swimmers and dog paddlers struggle to accomplish the mission.

So what's your point Chief? We need to teach our folks how to swim! All of us, at one time or another, will become leaders and supervisors. It is no longer good enough to just do our job to the best of our ability.

Now we must set standards for our people, evaluate their performance, hold people accountable for their actions, and correct substandard performance. We have to maintain professional relationships and make tough decisions even when they are unpopular.

Like most supervisors, we have a natural tendency to rely on our swimmers because we can count on them to get the job done. This can have a negative effect if we don't make the time to recognize and reward our 20 percent that get us 80 percent of the results.

How do we do this?

Exhibit enough courage during feedback sessions to look our people in the eye and tell them their performance is not up to par. Insist on integrity in performance reports and decorations.

Nothing kills the motivation of our troops faster than giving a floater the same performance

report or decoration as a swimmer. If we insist on keeping integrity in these systems, eventually our folks will see that they need to become Swimmers, willing to go the extra mile.

When we all raised our hands, we swore to defend the rights of the people of our nation, even if it meant sacrificing our lives. We don't have room for people with personal agendas at the expense of our nation.

Our service must always come before our self-interests, despite the "me culture" on the outside.

Mediocrity can not be tolerated in our profession. With operations tempo rising and increases in technology, we must all do our best to maintain our proficiency, continue to improve the way we do business, and strive for excellence.

"Good enough for government work" is an unacceptable attitude in our environment. Everyday, lives depend on us to do the job right the first time.

We must always strive for perfection. If we settled for 99.9 percent perfection, 12 babies would be given to the wrong parents everyday; 22,000 checks would be deducted from the wrong bank accounts in the next 60 minutes; 107 incorrect medical procedures would be performed everyday; 18,322 pieces of mail would be mishandled in the next hour.

I don't know about you but 99.9 percent isn't good enough for me.

You are tomorrow's leaders. I challenge you to be Swimmers and to inspire your troops to be swimmers. If you don't know how to swim, get into the river with a senior non-commissioned officer and ask them to teach and mentor you on how to swim.

I look forward to churning up water with you in the River of Life!

Action lines

Question: So many buildings on base are being renovated. What renovations and upgrades are in store for Bldg. 402?

Answer: Promoting a learning environment is "Job 1" for AETC and Sheppard. Assessing, addressing and improving all of our on-base facilities to support a better learning environment is an ongoing challenge and every effort is extended to this quality of life and mission essential issue.

Plans for renovating Bldg.

402 are currently in the works and, as part of our Military Construction (MilCON) program, we hope to have a new multimillion dollar educational facility in the future.

This new educational facility will be a 50,000 to 70,000 square foot structure comprised of 32-37 classrooms, a laboratory facility, testing center, auditorium, satellite downlink and advanced distance learning center, administration, counseling and faculty offices, resource centers and a central education services center office.

Many other significant

improvements which will promote a positive learning environment are either recently completed or near completion. AETC has funded a major upgrade to our base library and we are planning a grand opening in June.

In fiscal year 2003, over \$8 million was awarded for renovations to the interiors of hangars 1010-1060, nearly \$2 million awarded to renovate the interior of hangar 1080 and \$2 million for hangar 1090, and over \$600,000 was awarded to renovate the interior of the base auditorium.

Finally, \$3 million has been awarded to upgrade the HVAC system in building 1956 and we hope to have a two-phased \$8 million project to upgrade building 1900 awarded soon.

AETC and Team Sheppard had a banner year providing improvements to our educational environment Sheppard ... we are not done yet.

Well into FY04, we continue to plan and design additional upgrades to facilities and equipment.

We share your goal to have the best educational facility in the command and the Air Force.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000. Your submission may be printed in The Sheppard Senator.

## Sheppard Spotlight

### 15 lines of fame

1. **Name:** Brian Stavely

2. **Rank:** staff sergeant

3. **Organization and position:**  
82nd Medical Operations Squadron, assistant non-commissioned officer in charge of the pediatric clinic

4. **Hometown:** Cleveland

5. **Married or single (include your family if you'd like):**  
Married to wife, Annette with one son, Jordan.

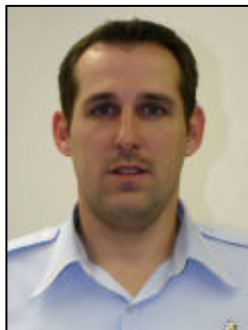
6. **Hobbies/Favorite thing(s) to do in your free time:**  
Anything dealing with sports, like playing or watching.

7. **Funniest childhood memory:**  
When I was 12, I scored a basket for the other team by accident.

8. **Why did you join the Air Force?**  
I had no stability, and I needed guidance. The Air Force gave me that.

9. **Why do you stay in the Air Force?**  
There is a sense of pride being in the Air Force. You can go anywhere in the world and when you tell people what you do, they know you are a professional.

10. **Date arrived at Sheppard:**  
April 2001.



Staff Sgt. Brian Stavely

11. **Most rewarding aspect of your job:**  
Helping children who are not feeling well get better.

12. **Favorite book or movie:**  
My favorite movie is "The Natural"

13. **What is your dream vacation?**  
Since I never had a honeymoon, it would be to go anywhere tropical, just my wife and me.

14. **If you could be anyone for one day, who would you be?**  
My son. That way I could see how I could improve as his father.

15. **Most prized possession:**  
My time with my family. I just love being with them.

Conserve  
energy. Turn  
off your monitors  
when not  
in use.



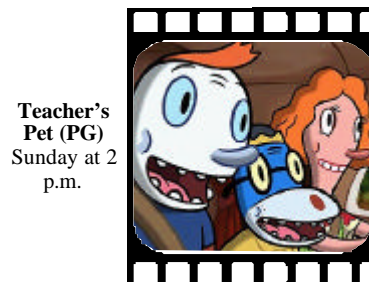
## At the movies



**Chasing Liberty (R)**  
Saturday at 2 p.m. and  
Sunday at 4:30 p.m.

**House of Sand and Fog (R)**  
Saturday at 4:30

**Lord of the Rings:  
Return of the King (PG-13)**  
Saturday at 7 p.m.



**Teacher's  
Pet (PG)**  
Sunday at 2  
p.m.



**Along  
Came Polly  
(PG-13)**  
Thursday at  
6:30 p.m.

## Club activities

### Nighttime dining

The officers club will offer nighttime dining tonight from 5:30 to 9 p.m. For more information, call 6-6460.

### Sunday brunch

The officers club will host a brunch Sunday from 10:30 a.m. to 1 p.m.

The cost is \$10.95 for members and \$12.95 for non-members. For more information, call 6-6460.

## ITT

### Dallas Stars hockey tickets

Dallas Stars hockey tickets are now available through ITT. For more information, call 6-2302.

### Six Flags season passes, hotels

ITT is currently selling Six Flags season passes for \$49.

They also offer discounted rates at the Sheraton Market Center Dallas for \$54 per night, the Westin City Center Dallas for \$89 per night, the Adams Mark Hotel Dallas for \$89.00 per night, the Holiday Inn Select North Dallas for \$55 per night, the Red Roof Inn DFW Airport for \$39 per night, the Fairfield Inn Las Colinas for \$44 per night and the Fairfield Inn's Jacuzzi Suite for \$54 per night. For more information, call 6-2302.

## Student stuff

### FITS

Every Saturday, the north fitness center offers activities for students.

**Saturday** - Kickball starting at 10 a.m. Collect two chips for participating and one chip for attending to add to your chip collection.

For more information, call 6-4808.

## Student ministry

### Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m., Friday, 7:30 a.m. to 11:30 p.m., Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Contemporary Praise Worship Service, 5 p.m.

Holy Communion Worship, 10:30 a.m., Praise and Prayer, Wednesday, 8 p.m.

Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m. Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m. Parents and Tots, Monday, 1:30 to 2:30 p.m. and Tuesday, 10 to 11 a.m. Praise Band Rehearsal, Saturday, 10 a.m. to noon Solid Rock Saturday Meal, 6:15 p.m. Saturday.

### Catholic Services

Tuesday, Mass 5:15 p.m., y, Mass 11 a.m.

## Chapel Schedule

### Worship Services

#### Catholic services

#### Saturday

Confession: 4 to 4:30 p.m. (north chapel)

Mass: 5 p.m. (north chapel)

#### Sunday

Mass: 9 a.m. and noon (north chapel)

Religious education: pre-kindergarten through adult: 10:30 to 11:40 a.m. (Bldg. 962)

RCIA: 1:30 to 3 p.m. (Bldg. 962)

#### Daily Mass

Monday and Wednesday: 11:30 a.m. (south chapel)

#### Protestant services

#### Sunday

10:30 a.m. Community Worship (north chapel)

10:30 a.m. Inspirational Gospel Worship (south chapel)

10:30 a.m. Holy Communion Worship (Solid Rock Café)

### Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel)

PMOC Breakfast/Fellowship Feb. 14, 8 a.m. (Golden Corral)

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

### Protestant Religious education

Sunday school: pre-kindergarten through adult, 9 a.m. (Bldg. 962)

Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible Study, lunch provided (south chapel)

Protestant Women of the Chapel Thursday Bible study, 6 p.m.

Protestant Men of the Chapel Tuesday Bible study, 6 a.m.

**For more  
information,  
call 6-4370.**



Vice commander takes to the ice

See Page 2B



# Sheppard Sports



Marines and sailors try their hand at rugby

See Page 3B

## 90th FTS members ace fitness test

By Senior Airman Chris Powell  
*Senator sports editor*

Members of the 90th Flying Training Squadron recently took the Air Force fitness test and they did something every Air Force member should do - pass. The 45 American members took the test Jan. 21 at the base track and all members scored a 75 or better.

The accomplishment is very meaningful because failure rates have been predicted as high as 30 percent for squadrons across the Air Force, said 1st Lt. Mark Sletten, 90th FTS. "I

think the pass rate was so successful because our commander emphasizes fitness as a way of life in the 90<sup>th</sup> for both our pilots and support staff."

The 90th FTS' fitness program is part of a larger wing program where members of the wing exercise as a group once a week and then they workout individually three more times a week, according to Sletten.

"The fitness program has been in place since the beginning of 2004, but the squadron's focus on physical fitness goes back well before that," the lieutenant said.

The squadron already had one member score 100, with several other in the high 90s.

"Although there was some minor resistance to testing the entire squadron at the same time, our commander, Lt. Col. John Kreger, implemented his plan to test everyone in order to demonstrate his resolve to have a squadron that exemplifies fitness from the beginning of the year to the end," Sletten said. "

Now that everyone has passed, squadron members seem more motivated to improve on their original score rather than suffering anxiety over a future test, according to 1st Lt. Sletten.

"Although the cycle ergometry test has its merits, it's my opinion that the new fitness test more accurately assesses an individual's fitness level and promotes a far more fit-conscious fighting force, the lieutenant said. "Cycle ergometry provided a measurement for an individual's VO2 Max, but didn't encourage daily exercise in the same capacity that the new Fit-to-Fight program does,"

Some members of the squadron were TDY or on medical profiles and could not test, but will be tested at a later date, according to Sletten.

### Sports Briefing

#### Healthy heart cooking class

There is a Taste of the Orient healthy heart cooking class at noon Feb. 27 at the health and wellness center.

The menu will be tossed green salad with Japanese dressing, green beans in sesame dressing, grilled miso chicken and sugared sweet potatoes.

#### Men's varsity softball tryouts

The Sheppard men's varsity softball program will start Feb. 23.

The Sheppard Senators will begin tryouts on field 1, at 5 p.m. Monday through Thursday. Call Master Sgt. James Chritman at 6-4277.

The Sheppard Softball club will begin tryouts at 5 p.m. Monday through Thursday on field 2. Call Ron "Bama" Brown at 6-4695.

Players should call one of the members of contact if they can't attend practice.

#### Womens's varsity softball tryouts

The Sheppard women's varsity softball program will start Feb. 26.

Practice begins at 5 p.m. at softball field 2. Practices are every Thursday and Saturday.

Call Ron "Bama" Brown, at 6-4695.

#### Wing run/walk

The next wing run/walk is at 6:15 a.m. and 3:15 p.m. March 11 at the parade field.

All servicemembers are required to participate in the event.

#### Little league board members

Anyone interested in serving on the Madrigal Youth Center Little League board of directors or in volunteering to coach a youth baseball or softball team should call Benny Benavides or Marty Sparkman at 676-2342.

#### Lose weight with TOPS

People who are interested in losing weight, can join TOPS, or Take Off Pounds Sensibly, at 6 p.m. Thursdays at the health and wellness center.

People can call Vernie Nordstrom at 855-4308 for more information.

#### Lil' Sluggers registration

Registration has begun for Lil' Sluggers at the Madrigal Youth Center for 3- and 4-year olds.

Lil' Sluggers is a program that teaches kids the fundamentals of baseball while their parents help teach them.

The class will start in April, and the cost is \$25 per child.

#### First Shooter's Soccer registration

Registration has begun for First Shooter's Soccer at the Madrigal Youth Center for 3- and 4-year olds.

First Shooter's Soccer is a program that teaches kids the fundamentals of soccer while their parents help teach them.

The class will start in March, and the cost is \$25 per child.



Photo by Larry McTighe

#### Quick change artist

DAYTONA MOTOR SPEEDWAY, Fla. – Andy Silver, a pit crewman for the Air Force-sponsored Wood Brothers Racing No. 21 Ford Taurus, pushes the right front tire to the pit wall after a four-tire change.

### Falcons drop 37-35 decision to UTPA

Courtesy of the Air Force Academy News Service

Allen Holcomb had 12 points and Eric Montalvo added eight as Texas-Pan American snapped Air Force's three-game winning streak with a 37-35 victory over the Falcons Monday night in Edinburg, Texas.

The game was a struggle for both teams from the outset as Air Force scored the fewest points in one game since scoring 33 at BYU last season. The Falcons shot just 30.2 percent (13-of-43) from the field and 16.7 percent (4-of-24) from 3-point range, both season-low totals.

Sophomore Nick Welch was one of the few bright spots for the Falcons as he scored a game-high 15 points and grabbed a career-high nine rebounds. Welch had a chance to tie the game with about 25 seconds remaining with a jump shot from six feet that rolled around the rim and did not fall. The Falcons got the ball back on a jump ball and A.J. Kuhle missed a 16-footer with eight seconds left.

Neither team scored for the final 3:13 of the game. Welch scored nine of the last 11 points, including the final five for Air Force, which fell to 18-4 this season.

Poor shooting ruled the first half on both ends of the court in the first half. The Falcons were 6-of-19 from the field, including 2-of-11 from three-point range. Texas-Pan American wasn't much better, going 8-of-19, with Holcomb making four of his six attempts.

### Lobos pounce on Lady Falcons, 79-31

Courtesy of the Air Force Academy News Service

New Mexico forgot it was Valentine's Day, failing to show any love to the Air Force women's basketball team Saturday in a conference game at The Pit. The Lobos defeated the Falcons 79-31 in the second meeting of the two teams this season.

The game looked promising for the Falcons early. After five minutes, the Falcons trailed by a single point, and a three-pointer by Jennifer Roesch at the 10:29 mark gave the team a two-point lead. But the lead was short-lived, and the trey would prove to be the last field goal of the half for Air Force. Their only additional point of the half would come on a single free throw by Amoy Jackson, as the Lobos would go on a 25-1 run to end the half. The Falcons would trail 34-13 at the break.

The second half started much the same way the first half ended - with the Falcons failing to put points on the scoreboard. It took the team six and a half minutes before scoring in the second half. The Lobos used a 15-0 run to extend the lead to 40 points.

The 48-point loss was the worst in head coach Ardie McNelly's history. (The team's largest margin of defeat is 50 points.) The Falcons' 31 points were the fewest points scored this season and just two more than the team's all-time low score of 29 points.



Photo by Lance Cpl. Rich Mattingly  
Raymond Bell leans forward, anticipating a tag from the streaking Shama Hernandez, during the 40-yard dash relay portion of the 2004 NFL Military Challenge.

### Marines win at NFL Military Challenge

WAIKIKI, Hawaii – Six Marines from the Kaneohe Bay All-Star football team, Marine Corps Base Hawaii, disposed of teams from the Air Force, Coast Guard, Navy and Army to win the 4th Annual NFL Military Challenge at Kapiolani Park Feb. 6.

The competition, a highlight of the Pro Bowl weekend festivities on Oahu, featured teams from Oahu-based military installations squaring off in five football-based events.

The first event was the field goal contest, and the Marines started their domination early. Kicker Tim Legros, an air framer with Marine Heavy Helicopter Squadron 363, blasted a near-perfect nine of 10 field goals to put the Marines in first place.

After Legros' outstanding performance, with assistance from Chris Watkins as holder, it was time for the rest of the team to spring into action in the training camp obstacle course.

Three members of each team ran through the course, consisting of tackling dummies, a foot-speed drill and hanging dummies. Raymond Bell, a motor transport technician with Combat Service Support Group 3 and a first-year base all star, led the way, followed by Shama Hernandez, a statistics chief, and Julio Pena, an assault man with Weapons Company, 3rd Battalion, 3rd Marine Regiment.

After the fast-paced event saw the Marines' first-place edge slipping to strong performances by the Coast Guard and Navy, the Marines knew they needed to step it up a notch in the long-snapping competition.

"We're going to bring it home this year," said Bell. "We're a very well-rounded team, and while the other teams are also really good, we think we've got the edge."

Nick Chapman, an embarker with CSSG-3, showed Bell's confidence to be well placed, easily clearing five of nine targets with his long-snapping skills.

The Army team, arriving late, managed six of nine, but was considered ineligible after missing two events.

The Marines held a formidable lead over the field going in to the 40-yard dash, but the Army and Navy proved a touch faster, just edging the Marines by a few tenths of a second.

Punting and passing competitions rounded out the day's events, designed to challenge all the skills required for gridiron success.

Watkins took his turn at center stage for the Marines, sending booming punts downrange like so many 155mm shells. The punting competition was based on accuracy and distance, with penalty yards assessed to off-center kicks.

See CHALLENGE, Page 3B



Basketball

For more information, call 6-2972.

Over-30 League

Team	Won	Lost	GB
383 TRS	5	2	--
82 SFS	6	3	--
366 TRS	5	3	0.5
82 MDOS	4	4	1.5
360 TRS	4	4	1.5
365 TRS	2	4	2.5
82 MSS/SVS	1	5	3.5

Permanent Party Division 1

Team	Won	Lost	GB
365 TRS	7	0	--
82 MDOS/MDSS6	6	3	2.0
382 TRS	6	3	2.0
366 TRS	2	4	4.5
80 OSS	2	5	5.0
361 TRS	1	5	5.5
362 TRS	1	5	5.5

Permanent Party Division 1

Team	Won	Lost	GB
82 CES	8	0	--
187th MBN	6	3	2.0
82 MSS/SVS	6	3	2.0
82 SFS	3	5	3.0
82 CPTS	3	6	4.5
82 CS	0	9	6.5

Student League

Team	Won	Lost	GB
365 TRS	5	2	--
366 TRS	5	2	--
882 TRS-A	5	2	--
364 TRS	4	3	1.0
360 TRS	4	3	1.0
361 TRS	3	4	2.0
362 TRS	2	5	3.0
363 TRS	2	5	3.0
882 TRS-B	2	6	3.5

Bowling

For more information, call 6-2170.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes. For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling League

Team	Won	Lost
82 COMM "A"	115	45
365 TRS "C"	112	48
363 TRS "Ammo"	92	68
365 TRS "B"	92	68

Team	Won	Lost	GB
364 TRS "A"	91	69	
360 TRS	90	70	
382 TRS "A"	88	72	
882 TRG	87	73	
366 TRS "A"	87	73	
80 FTW "A"	86	74	
187 Med Bn	85	75	
82 CPTS	85	75	
Bowling Pro Shop	85	75	
82 CES	83	75	
365 TRS "D"	80	80	
383 TRS	80	80	
362 TRS "B"	80	80	
82 MSS/SVS	79	81	
381 Med Red	77	83	
362 TRS "A"	76	84	
361 TRS	76	84	
363 TRS Armament	72	88	
82 Services Squadron	70	90	
382 "BMET"	70	90	
364 TRS "B"	57	103	
SFS	52	108	
82 CS "B"	52	108	
80th OSS	41	119	

Fitness center

For more information, call 6-2972.

Aerobiccenter offers classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.

Monday through Friday at 8 p.m.

Aerobics

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:30 a.m.

Body pump

Tuesday and Thursday at 9:15 a.m.  
Thursday and Saturday at 11:30 a.m.

Yoga and pilates

Monday and Wednesday at 10:15 a.m.  
Wednesday at 5 p.m.  
Thursday at 6 p.m.  
Saturday at 3 p.m.

Basic step

Monday, Wednesday and Friday at 7 p.m.  
Sunday at 2 p.m.

Kickboxing

Tuesday and Thursday at 7 p.m.  
Sunday at 3 p.m.

Intermediate step

Saturday at 10:15 a.m.  
Wednesday at 6 p.m.

Advance step

Monday, Tuesday at 5 p.m.

Combo step

Monday, Wednesday and Friday at 11:30 a.m.

Youth center

For more information, call 6-2342.

Operation Night Hoops

Operation Night Hoops registration is from Feb. 16 to March 16 at the Madrigal Youth Center for ages 13 to 18. Registration requirements are a current physical, proof of age, a completed Air Force Form 1181 and a fee of \$15 for members, \$20 for non-members and \$25 for civilians. Each participant must attend an educational class to play.

Little league board members

Anyone interested in serving on the Madrigal Youth Center Little League board of directors or in volunteering to coach a youth baseball or softball team should call Benny Benavides or Marty Sparkman at 676-2342.

Night Hoops volunteers

There are several volunteer positions that need to be filled for Operation Night Hoops. The positions are: social planning committee, photographer, sports writer, score keeper, teen sports director, apprentice coach and an announcer.

Body development class

There is a body development class at the Madrigal Youth Center for youth ages 13 to 18. People can register now, and the cost is \$20 for members and \$25 for non-members.



Photo by Lynn Bullard

Snapshot

Col. Darrell Sims, 82nd Training Wing vice commander, prepares to pass the ball during the Zoom with a Broom broomball competition Sunday at the Kay Yeager Coliseum. The proceeds from event went to support Habitat for Humanity. The game ended in a 1-1 tie.

TSTV schedule

Informative, educational and entertaining programming is available 24 hours a day, seven days a week on Team Sheppard TV, channel 14. In addition to Department of Defense productions, the base public communication office produces local programming exclusively for Team Sheppard. For more information about TSTV or to share your ideas with the TSTV staff, please contact public communication at 6-1327 or check out our Web site at <http://www.sheppard.af.mil/82trwpa/default.htm>.

Sheppard Today: February 2004

The February edition of "Sheppard Today" shows how the 882nd Training Group's medical readiness site prepares members of the active-duty Air Force, Air National Guard and Air Force Reserve to perform in a forward-deployed environment. The program also shows the 97th Flying Training Squadron, which is staffed by reservists. Finally, excerpts of Brig. Gen. Toreaser A. Steele's speech at the Martin Luther King, Jr. commemorative breakfast are featured in honor of Black History Month.

Air Force News Presents: the Making of an Air Force Recruiter

Air Force News takes a closer look at what it takes to become an Air Force recruiter and the challenges and benefits of this uniquely rewarding duty.

Into the Mouth of the Cat - the Lance P. Sijan documentary

Lance P. Sijan is the only Air Force Academy graduate to ever receive the Congressional Medal of Honor. This documentary portrays the captain's life, depicts the period of his life after ejecting from his damaged aircraft over North Vietnam, and the time he spent as a prisoner of war. It also demonstrates how his family values intersected with the Air Force's Core Values of "integrity first, service before self, and excellence in all we do and the Code of Conduct," and explains why it must be part of every military professional's lifestyle.

Silver Wings, Golden Valor - the Air Force in Korea

This program offers a historical chronology of the Korean War with emphasis on the role and influence of air power. It also focuses on the contributions of airmen and their aircraft during the conflicts and remembers the sacrifices of those who fought in the war.

Wind through the Wires - World War I aviation

This documentary reviews development of aviation prior to 1914. It focuses on technological, organizational, and the doctrinal evolution occurring in aviation between 1914 and 1918. The program also touches on the long-term significance of aviation events in WWI during the post-war periods.

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Photo by Lance Cpl. Chad H. Leddy

**13th Marine Expeditionary Unit (Special Operations Capable) Marines and Sailors along with USS Peleliu and USS Germantown personnel get dirty during a rugby game with the Stray Cats, a local Darwin team Feb. 8. The interaction with the Australians gave the players insight on the strategy, tradition and camaraderie of the sport. At the end of the game, the Australian and American teams barbecued food and enjoyed a couple of beers while forming new friendships.**

## Fighting 13th kicks back down under

DARWIN, Australia – Marines and Sailors aboard the USS Peleliu and USS Germantown recently enjoyed liberty during a port visit in Darwin, Australia, the first liberty port 13th Marine Expeditionary Unit (Special Operations Capable) personnel visited since departing the Fifth Fleet in late January for an early trip home to San Diego.

Marines and Sailors flooded the streets of Darwin during the five day visit Feb. 4 thru 8, taking full advantage of being away from the iron-clad vessel and vast ocean, which many have been accustomed to since leaving Jebel Ali, United Arab Emirates late December. Many decided to spend their hard-earned deployment pay to sleep in a hotel room in the city.

"Spending the night out in town gave me the opportunity to take a real shower and sleep in a real bed, as opposed to a rack that I can barely fit in," said Staff Sgt. Monica Brooks, 13th MEU (SOC) Command Element Nuclear, Biological and Chemical chief. "It gives you a change of scenery, you breath some fresh air, relax and have a good time."

Along with spending the night in the city, many took the opportunity to volunteer their time reaching out to the local community by participating in a one-day community relations project coordinated by the MEU chaplain and his assistant.

According to Petty Officer 2nd Class Bien V. Duong, 13th MEU Command Element chaplain's assistant, MEU Marines and Sailors participated in six different community relations projects in different parts of the city.

The projects involved landscaping, painting and cleaning of several of the city's schools and churches, and preparing and serving meals at a homeless shelter.

"We had around 46 people who signed up, which we evenly assigned to a project site," he said. According to Duong, most of the projects started at around 9 a.m. and ended around 2 p.m. the second day in Darwin.

Most of the assigned work was completed by the volunteers in the limited time they had, said Duong. "We had a lot of positive feed back," he added. "The place where I was at, St. Paul, the people were very grateful. This was the first time they've ever had mili-

tary volunteers."

While some were volunteering to clean the place up, other MEU Marines along with Germantown and Peleliu personnel got a little dirty during several friendly games of rugby with local teams.

Marines and Sailors from the Peleliu who practiced their rugby skills for two months in the Peleliu's dim hangar bay at night finally got a chance to show what they had in an open field against the Stray Cats, a local Darwin team.

The Peleliu team, comprised of mostly beginners who gained interest in the sport on board Peleliu, showed the opposition they were able to hold their own when they tied the game one, one, with the more experienced Australians.

"Everybody just came out there to have a good time," said Lance Cpl. Mike C. Hopp, Landing Support specialist, MEU Service Support Group 13.

According to Hopp, the interaction with the Australians also gave them a lot of insight on the strategy, tradition and camaraderie of the sport. At the end of the game, the two teams barbecued food and enjoyed a couple of beers while forming new friendships.

Another experience many Marines and Sailors took advantage of was a visit to Australia's famous Outback.

Capt. Trea Schocken, MSSG-13 Transportation Support Detachment commander, said a fine balance between outback tours and city life made her time in Darwin a great experience.

"By day you're hiking through beautiful gorges, swimming under waterfalls or on a boat tour watching crocs jump out of the river, then at night it's great food, good music and just the nicest people," said Schocken. "We were eating lunch on a tour, and all of a sudden a kangaroo bounded across the field. That made my day."

"Our tour guide apologized one day that the Litchfield National Park seemed to just look like this vast expanse of green foliage," she added. "After the neverending views of water or sand we saw on this deployment, I don't think any of us minded seeing all those trees. Besides, we're on the way home, so as they say in Australia, 'She's Humpty Doo!', which means everything's just fine."

## Air Force NASCAR revs up for new season

By Master Sgt. Charles Ramey  
Air Warfare Center Public Affairs

LAS VEGAS (AFPN) – The Air Force was represented in NASCAR's biggest event when the 2004 Nextel Cup season kicked off at the Daytona (Fla.) International Speedway on Saturday. With some of the fastest 2004 pre-season track test speeds, the Air Force-sponsored Wood Brothers Racing No. 21 NASCAR team is focused on victory in 2004.

After spending three months moving to a new home, working with a new crew chief and preparing for several new rules that accompany a new cup series, the Wood Brothers Racing team plans to deliver on the track.

"All the changes we've made over the past 53 years don't equal what we've done in the past four months," said Eddie Wood, who co-owns and manages the oldest continuously operating team in NASCAR along with his brother, Len Wood, and sister, Kim Hall. "We've moved our entire race shop from our home in Stewart, Va., to the Charlotte (N.C.) area and changed a lot of people around. We work extensively with Roush Racing and the move gives us a lot more access to Ford and Roush's engineers."

Besides changes in location, the team has a new leader in the pits with the addition of Ben Leslie, former crew chief for Roush Racing's No. 6 car, driven by Mark Martin.

"It's an honor to represent the Air Force," Mr. Leslie said during a recent track test at the Las Vegas Motor Speedway. "We have an incredible group of people who did a bunch of work in off season and it is paying off so far. Everyone is enthusiastic and dedicated and the mindset is exactly where it needs to be. We're a team that's focused on doing the right things and making positive things happen this year for Wood Brothers, our supporters, and for Ricky (Rudd)."

"Ricky is a top-notch driver and, with the talent and experience on this team, we feel like we owe it to everyone to deliver a car and support from the pits that will win at least one race and put us in the top 10 in points," Mr. Leslie said.

The crew has already delivered. Besides their Daytona qualifier, the team posted the fastest lap in the 2004 record book for pre-season testing at the Daytona International Speedway in January. Driver Ricky Rudd piloted the No. 21 Motorcraft/Air Force Ford Taurus through a 47.753-second/188.470-mph lap. The run is actually faster than Greg Biffle's 47.774-second/188.355-mph 2004 Daytona 500 pole position lap by 0.021 seconds and 0.115 mph.

"We've got high expectations this year," Mr. Rudd said. "We had some good runs last year but we weren't as consistent as we needed to be. We identified early on what some of our weaknesses were and a lot of that came from the lack of the more aggressive technology coming into the sport. We were a step behind. It would be like the



Photo by Larry McTighe

**The Air Force Ford-sponsored Wood Brothers No. 21 Ford Taurus, driven by Ricky Rudd, is shown here during a practice run Feb 11. He is preparing for the Daytona 500 race, which will be held here Sunday.**

Air Force trying to develop the (F/A-22) Raptor without technical support from Lockheed, Boeing and Pratt and Whitney.

"Having Ben come onto our team has allowed us to take advantage of the new technology a little faster," Mr. Rudd said. "He's been working around it for so long in the Roush organization and knows what's available. He keeps us going and has done an excellent job over the winter of taking the group we had, reorganizing them and filling some empty spaces that resulted from the move."

Besides blending a new team together and working from a new home, the team has also been preparing for new challenges and changes in NASCAR.

"We're dealing with a new Aero package, softer tires and new points system this year," Len Wood said. "This changes strategies and situations tremendously. Drivers will need to get tires sooner, which will result in more leader swaps. NASCAR has also cut the rear spoiler down three-fourths of an inch, which changes the balance of the aero package tremendously."

"We're allowed so many tests per year and are doing a lot of them early due to these changes," Len Wood said. "Daytona was a wide open test, but going to Vegas allowed us to get jump start for Rockingham (N.C.), Las Vegas and Atlanta races and see what the new tires and aero package are going to do."

The transition from NASCAR Winston Cup to NASCAR Nextel Cup has brought about changes in the championship points system. NASCAR will implement the 26-10 Rule where the top 10 drivers after the first 26 races of the season will compete in a 10-race shootout for the championship.

"Hopefully we can test enough early in the season to get us up into the top 10 going into the final 10 races," Len Wood said. "We have great people and wonderful support, so we're definitely going to step it up and do all we can to be in the final shootout."

## CHALLENGE

Continued from Page 1B

Finally, with the title on the line after another strong showing in the punt competition from the other services, the other five Marines hit the field to receive passes from quarterback Bell. Receivers could not move their feet in any way to assist in catching the ball.

After a questionable call against the Marines - who tied the Army with eight of 10 receptions - officials held a tie-breaking throw-off. Showing a "never-say-die" spirit, the Marines won the throw-off and took the win.

After celebrating died down, the Marines accepted a trophy from the NFL, commemorating their first NFL Military Challenge victory.

"It's been a lot of fun," said Kristin Taft, a consolidated memorandum receipt clerk with Headquarters Bn., MCB Hawaii, who came to Kapiolani Park to support the Marines. "It's also a great feeling to dominate like we did today."

The Marines went home, happy with their victory and said they look forward to competing again next year.



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# Fitness centers Air-Force wide are packed with airmen getting fit to fight

By Gen. John Jumper  
Air Force chief of staff

Direct, immediate, and overwhelming feed-back from the field says that airmen are taking the new fitness challenge seriously. We've seen as much as a 30 percent increase in the use of our fitness centers in the last three months. Clearly an Air Force-wide culture change is underway.

Our Fitness Centers, along with the Health and Wellness Centers, support a critical component of operational readiness. Many of you have noted that we now need to invest in our Fitness Centers to accommodate this increased use. And we are doing just that. From 2000 to 2005, we will renovate or construct 36 fitness centers. I have encouraged all commanders to include fitness center construction requirements in their military construction budget submittals and to provide adequate funding for equipment and training. We must provide the necessary resources to support and maintain all areas of fitness, including center construction, running trails and tracks, physical training fields, and improved fitness equipment. Allocating resources shows our commitment to fitness and our Fit to Fight effort.

As we expand our focus on fitness, the Air Force Sports Program continues to be a great showcase for Air Force fitness. I support and encourage our talented Air Force athletes who dedicate themselves to training and representing the Air Force in events around the world. Participants in Air Force Sports vie for advancement to Armed Forces, national and international competitions. Our 2003 athletes represented the

Air Force at many events with numerous accomplishments:

- One of our Air Force wrestlers is a six-time Armed Forces Greco-Roman Champion
- We have three All-American Softball players
- We have two USA Track & Field national champions
- Our skeleton racer finished third in the World Cup competition
- And we have the number one fencer in the nation!

Our athletes represent the United States Armed Forces in 14 Conseil International du Sport Militaire Championships each year. This 122-nation organization promotes goodwill in the international military community through sports competition. We also have twenty Air Force members who are part of the World Class Athlete Program, training to qualify for the United States 2004 Olympic Team in their respective sport. I salute the talent, dedication, and hard work of our Air Force athletes. Their positive representation of the Air Force to the public is invaluable for recruiting, retention, and esprit de corps and serves as an inspiration to us all in achieving warrior fitness.

I am extremely proud of our Air Force Sports and Fitness programs. They contribute to our readiness and quality of life and will improve the health and fitness of our force. During my travels around our Air Force, I plan to visit our fitness and health and wellness centers. I hope to see you there, preparing to meet the physical demands of our expeditionary force and getting Fit to Fight.



Air Force photo by Tech. Sgt. Ben Bloker

## Swish!

LANGLEY AIR FORCE BASE, Va. (ACCNS) – Airmen from the 1st Component Maintenance Squadron Fuels System Management shop end a long day at the “Fuel Barn” with a game of hoops. Physical fitness has become a high priority for Air Force leadership, stemming from airmen’s role as war fighters. Gen. John P. Jumper, Chief of Staff of the Air Force, said, “The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It’s time to change that.”

## Fit to fight *Proper breathing can reduce injuries*

By Airman David Johnson  
Physical trainer

I am surprised how often I am asked how you should breathe during an exercise. This has always seemed automatic to me, and I am often tempted to say, “Just relax and let it happen. Don’t think about it.”

But now I know that for some people this doesn’t work very well, and for them I have a simple technique that will work: Breathe out with effort.

For example, if you are doing a squat, take in a deep breath as you stand with the weight on your shoulders and squat down, and expel your breath

as you push yourself back up. As you breathe out, don’t hold your breath.

The reason why it’s important to breathe out with effort is when you do breathe on the effort it contracts the diaphragm, the space in which the lungs lift.

You should never hold your breathe, because you could injure yourself by blocking the passage of air through your throat. Breathing out as you perform a maximum effort protects you from this, and some people say it even makes you stronger.

To get more information on this article and other fitness information call Airman Johnson at 6-2972 at the south fitness center.

Want to quit smoking? Check out the smoking cessation classes at the health and wellness center. For dates and times, call 6-4292.

Submit information about upcoming events to sheppard senator@sheppard.af.mil.

To place and ad in The Sheppard Senator, call 761-5151.